



## THE INTERIOR OF NATURAL MATERIALS: THIS IS WHAT NATURE HAS GIVEN

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**Research purpose.** Not so long ago, home construction was associated with quite harmful practices such as the use of asbestos or lead. Those days are now a thing of the past, but many artificial materials are still potentially dangerous. Natural materials are the best and safest choice. Research and recommendations for the design of interiors from natural finishing materials will help to create the right interior environment that has a positive effect on both physical and mental health. So, the aim of the research is to find out what 10 natural materials are and find out the advantages of wood, bricks and stones and their use.

**Keywords:** interior design, natural materials, psychophysiological health

**Research Methodology.** Empirical research, qualitative research, analysis of scientific literature.

**Results / Findings.** Once any natural finishing materials have been identified, such as criteria or requirements for interior design, materials that may have different effects on the health and emotional state of natural materials and clarifying materials must comply with the recommended design of interior and natural finishing materials.

**Originality / Practical implications.** In an age where progress is not always equal to well-being, everyone is making an effort to foster their health. The effort is mainly focused on diet and exercise, forgetting a very important aspect - the focus on the substances that constantly surround a person in his living environment.